

CERTIFICATE OF MEDICAL FITNESS

This is to certify that I have conducted the clinical examination

of Mr Baljinder Singh on 19/2/2024

After reviewing the medical history and on clinical examination it has been found that he/she is

	Tick
<ul style="list-style-type: none"> • Medically Fit 	<input checked="" type="checkbox"/>
<ul style="list-style-type: none"> • Fit with restrictions/recommendations <p>Though following restrictions have been revealed, in my opinion, these are not impediments to the job.</p> <p>1.....</p> <p>2.....</p> <p>3.....</p> <p>However the employee should follow the advice/medication that has been communicated to him/her.</p> <p>Review after _____</p>	
<ul style="list-style-type: none"> • Currently Unfit. Review after _____ recommended 	
<ul style="list-style-type: none"> • Unfit 	

Dr. _____
Medical Officer
The Apollo Clinic (Location)

Dr. MUKUL ARTE MBBS, DNB
 Regn. No: 44293 (MMC)
 Approved By ICG Shipping (2023)
 Madan Medicine & Aviation Medicine
 A-101-102, Heritage Plaza, Teli Cross Lane,
 Andheri East, Mumbai-400 069
 SEA, DNB MEDICARE CENTRE

This certificate is not meant for medico-legal purposes

MER- MEDICAL EXAMINATION REPORT

Date of Examination	19/02/2024		
NAME	Baljinder Singh		
AGE	43 yrs	Gender	Male
HEIGHT(cm)	169 cm	WEIGHT (kg)	83 kg
B.P.	110/70 mmHg		
ECG	WNL		
X Ray	NAD		
Vision Checkup	Color Vision : Normal		
	Far Vision Ratio : 6/6 - corrected		
	Near Vision Ratio : N5 - Uncorrected		
Present Ailments	—		
Details of Past ailments (If Any)	—		
Comments / Advice : She /He is Physically Fit	✓		
<p>Revised ESR - Report > 15 days</p>			

Signature with Stamp of Medical Examiner


Dr. MUKUL ARTE MBBS, DNB
 Regn. No. 44369 (MMAI)
 Approved By ICG Shipping (GOI)
 Consultant in Marine Medicine & Aviation Medicine
 A-101-102, Heritage Plaza, Teli Cross Lane,
 Andheri East, Mumbai-400 069
 SEA AND MEDICARE CENTRE



Sea Bird
Sea Bird Medicare Centre

Report ID : **BSM19214191**
Patient Name : **Mr. BALJINDER SINGH**
Rank :
Ref By : **DR.MUKUL ARTE**
Reg. : **19-Feb-2024**
Report Date : **19-Feb-2024**
Company Name : **M/S. APOLLO HEALTH AND LIFESTYLE**
Age/Sex : **43 Year / Male**

CHEST X RAY REPORT

X-Ray No : 2150

Investigation : Chest PA View.

Bony thoracic cage is normal.

Cardiac silhouette appears normal in size and configuration.

Both lungs shows equal translucency and normal vasculature.

Both Hemidiaphragm visualised normal.

No evidence of any active parenchymal lesion seen.

Impression :

Normal Chest X-Ray.


Dr. Jacob
Mathew MD

Proudly... Caring For You

HO- Sea Bird Medicare Centre (ISO 9001:2015): A-101-102, Heritage Plaza, Teli Cross Lane, Andheri East (Nr. Station), Mumbai- 69. Tel: 022- 46032704

Powai: 022-25701053 / 25704157

Kochi: 0484- 2322022 / 4032022

Website: www.seabirdhf.com | Email: seabird@seabirdhf.com



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HEMATOLOGY

INVESTIGATION

Complete Blood Count

	<u>OBSERVED VALUE</u>	<u>UNITS</u>	<u>REFERENCE RANGE</u>
Haemoglobin	12.6	gm/dl	13-18 gm/dl
Total W.B.C	7100	/cu.mm	4000-11000 /cu.mm
Neutrophils	60	%	50-70 %
Lymphocytes	38	%	20-40 %
Eosinophils	02	%	0-7 %
Monocytes	00	%	0-8 %
Basophils	00	%	0-2 %
R.B.C Total	4.63	millions/cu .mm	4.5-5.5 millions/cu.mm
P.C.V	38.1	%	42-55 %
MCV	82.2	femolitre	80-96 femolitre
MCH	27.2	picogram	27-33 picogram
MCHC	33.1	%	32-36 %
W.B.C Morphology	Normal		
Platelet Count	216000	/cu.mm	150000-450000 /cu.mm
Blood Group			
Blood Group	B Positive		
ESR			
ESR	80	mm/hr	0-15 mm/hr

---END OF REPORT---

Kindly Correlate with clinical conditions.

Remark : ---


DR.SANDIP MOHANRAO HUDDEDAR
MBBS, DCP
Pathologist


M O H C


SONALI VASANT ADELKAR
Lab Technician

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BIO-CHEMISTRY

INVESTIGATION

Liver Function Test

<u>INVESTIGATION</u>	<u>OBSERVED VALUE</u>	<u>UNITS</u>	<u>REFERENCE RANGE</u>
SGOT	15	IU/L	0-37 IU/L
SGPT	23	IU/L	9-43 IU/L
GGT	25	IU/L	0-49 IU/L
Sr.Bilirubin (T)	0.6	mg/dl	0.2-1.2 mg/dl
Sr.Bilirubin (D)	0.1	mg/dl	0.0-0.3 mg/dl
Sr.Bilirubin (I)	0.5	mg/dl	
Total Protien	6.6	g/dl	6.0-8.0 g/dl
Sr.Albumin	4.1	g/dl	3.2-5.0 g/dl
Sr.Globulin	2.5	g/dl	2.0 3.5 g/dl
A/G Ratio	1.6		
Alkaline Phosphatase	100	IU/L	40-129 IU/L


Renal Function Test

BUN	9.3	mg/dl	6-21 mg/dl
Sr.Creatinine	0.7	mg/dl	0.7-1.4 mg/dl
Uric Acid	6.9	mg/dl	2.5-7.2 mg/dl

Blood Sugar Estimation

Fasting Blood Sugar	103	mg/dl	70-110 mg/dl
Fasting Urine Sugar	Absent		
Post Prandial Blood Sugar	87	mg/dl	70-140 mg/dl
Post Prandial Urine Sugar	Absent		
Glycosylated Haemoglobin (HBA1C)	6.2	%	4.5-6.3%

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LIPID PROFILE

<u>INVESTIGATION</u>	<u>OBSERVED VALUE</u>	<u>UNITS</u>	<u>REFERENCE RANGE</u>
Serum. CHOLESTEROL (CHOD - PAP)	190	mg /dl	145-240 mg/dl
Serum. TRIGLYCERIDE (GPO - PAP)	161	mg /dl	25-160 mg/dl
S.HDL CHOLESTEROL	40	mg/dl	35-80 mg/dl
VLDL CHOLESTEROL	32.2	mg/dl	Upto 40
LDL CHOLESTEROL (calculate)	117.8	mg/dl	Upto 150
CHOL/HDL CHOL(Ratio)	4.7		Upto 5.0
LDL CHOL/HDL RATIO	2.9		0-3.0

---END OF REPORT---

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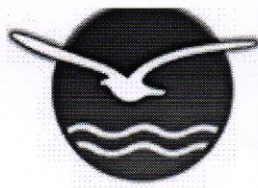
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URINE ROUTINE

INVESTIGATION

OBSERVED VALUE UNITS REFERENCE RANGE

Colour	PALE YELLOW		PALE YELLOW
Appearance	CLEAR		CLEAR
Specific Gravity	1.020		1.030
pH	ACIDIC		ACIDIC
Odour	AROMATIC		AROMATIC
Proteins (UR)	ABSENT		ABSENT
Sugar	ABSENT		ABSENT
Bile Salts	ABSENT		ABSENT
Bile Pigments	ABSENT		ABSENT
Ketones (UR)	ABSENT		ABSENT
Occult Blood	ABSENT		ABSENT
Urobilinogen(UR)	ABSENT		ABSENT
Pus Cells (UR)	2-3	/hpf	2-3/hpf
RBC cells	ABSENT	/hpf	2-3/hpf
Epithelial Cells	1-2	/hpf	1-2/hpf
Casts (UR)	ABSENT	/hpf	
Crystals	ABSENT	/hpf	
Bacteria (UR)	ABSENT		ABSENT
Others (UR)	ABSENT		

---END OF REPORT---

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LABORATORY TEST REPORT

ID : 2480406
 Name : BAIJINDER SINGH
 DOB/Age : 43 years
 Gender : Male
 Collection : 19/02/24, 02:11 PM
 Received : 19/02/24, 02:11 PM
 Reported : 19/02/24, 03:19 PM
 Ref. Doctor : SELF

Client Name : Sea Bird Medicare
 Pvt Ltd - PP1921
 Client Address : MUMBAI



Test Description	Value(s)	Unit(s)	Reference Range
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Thyroid Profile, Total (T3,T4,TSH)

T3-Total* (Serum,CLIA)	87.34	ng/dL	70 - 204
T4-Total* (Serum,CLIA)	7.38	ug/dL	5.93-13.29
TSH-Ultrasensitive* (Serum,CLIA)	2.701	uIU/mL	0.38-5.33

Interpretation

It is recommended to interpret serum TSH levels with thyroid hormone levels (especially T4 levels) taking into consideration the clinical status of patient. Pitfalls in the interpretation of the serum TSH alone are in patients with recent treatment for thyrotoxicosis, non-thyroidal illness (acute severe illness or chronic illness), central hypothyroidism, confounding medications.

For TSH :

1st trimester - 0.3-4.5, 2nd trimester - 0.5-4.6, 3rd trimester - 0.8-5.2

Condition	TSH	T4	T3
Primary Hypothyroidism	Increased	Low	Normal /Low
Subclinical Hypothyroidism	Increased	Normal	Normal
Primary Hyperthyroidism	Decreased	Increased	Increased
T3 Toxicosis	Decreased	Normal	Increased
Subclinical Hyperthyroidism	Decreased	Normal	Normal
Central Hyperthyroidism/ Thyroid Hormone Resistance	Increased /Normal	Increased	Increased
Central Hypothyroidism / Non Thyroidal Illness	Increased /Normal	Decreased	Decreased



****END OF REPORT****

(Signature)

Dr. Suyash Vishwaroop
(MBBS,MD Pathology)

आयकर विभाग
INCOME TAX DEPARTMENT



भारत सरकार
GOVT. OF INDIA

BALJINDER SINGH

HARI SINGH

02/09/1980

Permanent Account Number

BIZPS3082A

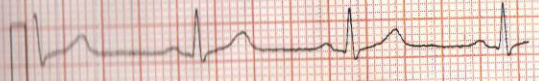
Balinder Singh
Signature



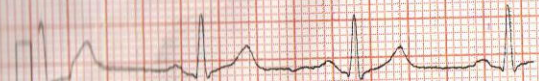
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10mm/mV 0.67-25Hz AC50

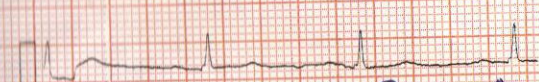
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II



III



25mm/s ♡71

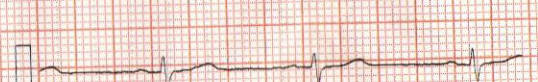
B Singh

10mm/mV 0.67-25Hz AC50

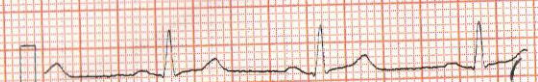
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aVL



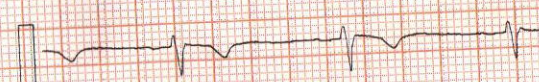
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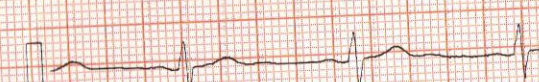
25mm/s ♡71

10mm/mV 0.67-25Hz AC50

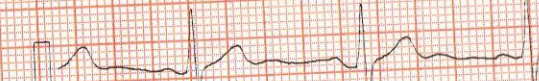
V1



V2



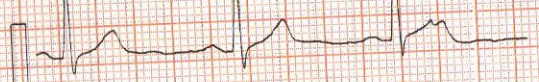
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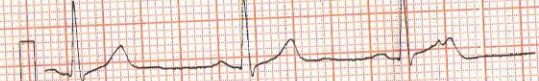
25mm/s ♡70

10mm/mV 0.67-25Hz AC50

V4



V5



V6



25mm/s ♡68